

**Introduced by Senators Torlakson, Bowen, Chesbro, Ducheny,
Escutia, and Vincent**

March 16, 2006

Senate Concurrent Resolution No. 105—Relative to California
Fitness Month.

LEGISLATIVE COUNSEL'S DIGEST

SCR 105, as introduced, Torlakson. California Fitness Month.

This measure would proclaim the month of May 2006, as California Fitness Month, and would encourage all Californians to enrich their lives through proper diet and exercise.

Fiscal committee: no.

- 1 WHEREAS, Exercise and fitness activities can increase
2 self-esteem, boost energy, strengthen the heart and muscles, burn
3 calories, and improve cholesterol levels; and
4 WHEREAS, Exercise and fitness activities are excellent ways
5 to relieve stress, lower the risk of heart disease and diabetes,
6 prevent bone loss, and decrease the risk of some cancers; and
7 WHEREAS, A person's fitness level has a dramatic effect on
8 the body's ability to produce energy and to reduce fat; and
9 WHEREAS, A fit person burns a higher percentage of fat not
10 only during activity, but also at rest, fit people have a higher
11 proportion of muscle tissue, which burns more calories than fat,
12 and those with more muscle mass can eat more calories and still
13 maintain a healthy weight; and
14 WHEREAS, To lose weight and keep it off, one should do an
15 enjoyable, moderate-intensity aerobic activity for 30 to 60
16 minutes, three to five times a week; and

1 WHEREAS, A person should also do muscle-strengthening
2 exercises two or three times a week, and should concentrate on
3 maintaining a balanced diet; and

4 WHEREAS, Most popular diet programs cannot produce
5 long-lasting weight reduction results without exercise; and

6 WHEREAS, There is no age limit for physical activity.
7 Among the elderly, exercise provides cardiovascular, respiratory,
8 neuromuscular, metabolic, and mental health benefits; and

9 WHEREAS, Fitness activities have been shown to sharpen
10 mental ability in all people, and to retard the aging process; and

11 WHEREAS, Maximizing one's energy level, increasing
12 muscle mass, and reducing body fat increases one's chances of
13 living a longer, healthier life; and

14 WHEREAS, More than 60 percent of American adults do not
15 get the recommended amount of physical activity, and 25 percent
16 of American adults are not active; and

17 WHEREAS, Nearly all American youths from 12 to 21 years
18 of age are not vigorously active on a regular basis; and

19 WHEREAS, The rate of Type II diabetes tripled among
20 American children from 2000 to 2005; and

21 WHEREAS, The United States Surgeon General recently
22 spoke about the "cultural transformation" necessary to reverse
23 the negative health effects of childhood obesity, and the threat to
24 national security that obesity poses for the country; and

25 WHEREAS, The State Department of Education reports that a
26 majority of California's children are not physically fit; and

27 WHEREAS, Along with California Fitness Month, the
28 American Heart Association has declared May 2006, as Stroke
29 Awareness Month, and will be collaborating in engaging
30 Californians in fitness and health related activities; and

31 WHEREAS, Health care providers, insurance companies,
32 fitness clubs, and others in the private sector will be collaborating
33 to promote fit living and health improvement activities during
34 May of 2006; and

35 WHEREAS, The California Bicycle Coalition and numerous
36 local organizations are coordinating public awareness events to
37 promote Bike-to-Work Week, which takes place from May 15 to
38 May 19, 2006; and

1 WHEREAS, The Legislature seeks to advance the physical
2 fitness of all Californians by educating them about the benefits of
3 exercise and a balanced diet; and

4 WHEREAS, The Legislature will increase public awareness
5 about the benefits of exercise and physical fitness by encouraging
6 its members to host events in their districts that stimulate
7 physical fitness and increase participation by Californians in
8 activities that promote physical health and benefit both mental
9 and physical well-being; and

10 WHEREAS, The Legislature encourages its members, as well
11 as organizations, businesses, and individuals, to sponsor and
12 attend physical fitness events that are informative, fun, and result
13 in a number of Californians becoming physically fit; now,
14 therefore, be it

15 *Resolved by the Senate of the State of California, the Assembly*
16 *thereof concurring*, That the Legislature hereby proclaims the
17 month of May 2006, as California Fitness Month, and encourages
18 all Californians to enrich their lives through proper diet and
19 exercise; and be it further

20 *Resolved*, That the Secretary of the Senate transmit copies of
21 this resolution to the author for appropriate distribution.